

#### **POST SHORTS**

#### **Recycling schedule**

The residential and recycling pickup schedule for May 23, is paper. Put items in paper bags, boxes or bundles and place them on the

#### **Well Being Council** meeting today

The next Well Being Council meeting will be 9:30 a.m., today, at the main post chapel.

#### **Office Eagle** holds Customer **Appreciation Days**

APG North Office Eagle will hold a Customer Appreciation Day 10 a.m. to 2 p.m., May 22, and the APG South Office Eagle will hold a Customer Appreciation Day 10 a.m. to 2 p.m., May 23. Both stores will feature a carnivalthemed day of fun and food. Vendors will be at the stores to showcase new products and answer questions.

For more information, contact Barry Councill, 410-297-4950, or John Grizzel, 410-676-0564.

#### **Thrift Shop holds** bag sale

The Aberdeen Proving Ground Thrift Shop, located in building 2458, is holding a \$2 Bag Sale during regular business hours in May. Sale items are mainly men's, women's and children's clothing.

The Thrift Shop hours of operation are Wednesday, 11 a.m. to 6 p.m., Thursday, 10 a.m. to 2 p.m. and the first Saturday of the month, 10 a.m. to 1 p.m. For more information, call 410-272-8572 during business hours.

#### **Hydrant flushing** scheduled through **June**

Fire hydrant flushing in APG North is scheduled through June 8. The City of Aberdeen will perform annual hydrant flushing starting with the Family housing area starting at 4 p.m., Monday through Friday.

Through May 18, flushing will include Plumb Point Loop and blocks 5000 and

May 21 through June 8, See SHORTS, page 4

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# Health Team survey results revealed

# Well-being of deployed Soldiers and Marines is focus

The Army released its latest Mental Health Advisory Team survey results May 8, the fourth in a series of studies used to assess the mental health and well-being of the deployed force of Soldiers serving and returned from Iraq since 2003.

The MHAT-IV (conducted Aug. 28 to Oct. 3, 2006, in Iraq) assessed more than 1,300 Soldiers and, for the first time, nearly 450 Marines. The survey included new questions about ethical issues facing Soldiers while in a deployed environment.

MHAT-IV also reviewed behavioral health policies, programs, structure and resources. This activity was included at the specific request of the commanding general, Multi-National Forces - Iraq (MNF-I). This is the first time that the topic of Battlefield Ethics has been systematically assessed in a combat environment since World War II.

Significant findings

- Approximately 10 percent of Soldiers reported mistreating non-combatants.
- The rate of suicides per 100,000 Soldiers was 16.3 Soldiers, lower than the 19.9 per 100,000 reported in 2005.
- Soldiers experienced mental health problems at a higher rate than Marines.
- Deployment length was directly linked to morale problems in the Army.

The study also revealed the "protective influence that good leadership plays in maintaining Soldier and Marine mental health and well-being, even in the face of extreme combat conditions."

In interviews, every group of Soldiers and Marines reported that they felt the existing Rules of Engagement tied their hands, preventing them from doing what is needed to be done to win the war. These focus groups also revealed that sniper attacks are an important combat stressor that need to

be included in future assessments.

Both Soldiers and Marines report at relatively high rates that they knew someone seriously injured or killed, or had a member of their team become a casualty, 62 and 66 percent, respectively.

#### Based upon the findings, the Army directed the following actions:

- U.S. Army Forces Command to mandate "BATTLEMIND" training that focuses on the affects of combat on the mental health of Soldiers and how leaders and fellow Soldiers can recognize, earlier on, when a Soldier is experiencing signs that may cause him to act inappropriately.
- U.S. Army Training and Doctrine Command to develop and require scenario-based "Battlefield Ethics" training prior to deployment. TRA-DOC is coordinating with the Army G-1 to revise the suicide prevention

program to ensure that it is specific to the combat environment and uses scenario-based training that focuses on buddy-aid and leader actions. New efforts will also incorporate behavioral health awareness training in junior leader (enlisted and officer) development courses.

• U.S. Army Medical Command to develop pre- and post-deployment BATTLEMIND training for Soldiers and spouses; develop behavioral health awareness training for junior leaders; ensure behavioral health personnel complete the MEDCOM Combat and Operational Stress Course prior to deployment; and develop standardized procedures for conducting in-theater psychological debriefings. MEDCOM will also share its findings with the Secretary of the Navy, and the commanding generals of TRADOC and FORSCOM.

See SURVEY, page 12

## Study to track long-term health of more than 140,000 service members

Story by JAMES TYLL

DoD Military Health System Starting in May, the Department of Defense will launch the third and final recruitment phase of the largest prospective health

project in military history - the

Millennium Cohort Study. Designed to evaluate the long-term health effects of military service, including deployments, the cohort is tracking the health status members from active, Reserve, and Guard duty status until well into their civilian careers or retirement.

"We are very excited about this project," said Navy Commander Margaret Ryan, a medical doctor who is the principal investigator for the study. "This ground breaking, twenty-one year venture is expected to be one of the most important and comprehensive looks at on long-term health."

The survey participants are chosen at random from personnel rosters of all the service branches. While cooperation is not mandatory, the program has been endorsed by Chairman of the Joint Chiefs of Staff Peter Pace as well as several veterans' service organizations.

"Participating in the cohort will support the long-term health of our military forces,

of more than 140,000 service the effects military service has and we hope that everyone who in a new era of insight and receives a letter in the mail in May will choose to do so," Ryan said. "All participants can be assured that their identities and health information are held in the strictest of confidence within the investigation team."

> While the study is entering its sixth year out of a 21-year study period, initial data has already sparked much interest in the medical community.

"This project will usher in this groundbreaking study.

understanding in the areas of deployment-related exposures, long-term mental health challenges and service-related health issues to name just a few of the topics these findings will address," Ryan said.

Funded by DoD and supported by the military, Department of Veterans Affairs, and civilian researchers, nearly 110,000 people are already participating



Marilyn Howard, left, Aberdeen Proving Ground Army Volunteer Corp coordinator for Army Community Service, and Myong Parker, ACS volunteer, talk with Army spouses while Delita Berindula, signs up for a raffle during ACS' Military Spouse Appreciation Day May 10 at the Post Exchange.

# **ACS** honors military spouses

Story and photo by **HEATHER TASSMER** 

In conjunction with National Military Appreciation month, Army Community Service held a Military Spouse Appreciation Day May 10 at the Aberdeen Proving Ground Post Exchange to honor those who work to support Soldiers.

"As we salute service members past and present, it is only fitting to recognize those who support them and help make their service possible," said Marilyn Howard, APG Army Volunteer Corp coordinator for ACS.

Howard, along with other ACS staff members and volunteers handed out gift bags and roses to military spouses that passed by their table. Military spouses also had the opportunity to pick up information about ACS programs, education and employment. Spouses signed up for a raffle to win prizes donated by the Post Exchange. Winners picked from several items such as a salad spinner, tote bags, umbrellas and cosmetic cases.

The spouses that stopped by the table said they enjoyed the event.

Pamela Kennett, who is married to Staff Sgt. Shawn Kennett, an instructor for Headquarters and Headquarters Company, 61st Ordnance Brigade's Advanced Automotive Recovery Department, said she was grateful for all of the programs ACS provides.

"Army Community Service does a lot of great things for the community," Kennett said.

She said Howard has made her feel more comfortable at APG since

"Marilyn really helped me out a lot with places I can apply for a job," Kennett said. "When I came here, I didn't know anyone. The Army Community Service staff made me feel better and made me feel more at home."

Pat Stallings, the wife of Maj. Gregory Stallings who works in the Command Staff department, said that the event was very informative.

"It lets Army Community Service meet the community and tell them about the great events they hold that people may not know about," Stallings said. "The Post Exchange is a great location to put out this information."



Lt. Col. Linwood Clark, right, assumes the position of outgoing commander of the 143rd Ordnance Battalion after completing an inspection of the troops with Col. Bobby A. Towery commander, of the 61st Ordnance Brigade, left, and interim battalion commander Maj.

## Clark leaves OMMS, headed for Iraq

Story and photo by YVONNE JOHNSON APG News

The U.S. Army Ordnance Mechanical Maintenance School bid farewell to the commander of its 143rd Ordnance Battalion during a change of responsibility ceremony at McBride Parade Field May 3.

Lt. Col. Linwood Clark departs the OMMS to assume the duties of deputy commanding officer of the 3rd Sustainment Brigade, 3rd Infantry Division in Iraq.

Maj. George E. Davis, U.S. Army Ordnance Center and Schools, is the interim commander until Clark's replacement arrives.

Col. Bobby A. Towery, commander

of the 61st Ordnance Brigade, led the ceremony which included an inspection of the troops by Towery, Clark and Davis and a pass in review by the battalion units, Companies A, B, C and Headquarters and Headquarters Company.

Towery praised Clark for his leadership of the 'Professionals in Gear'

"There is no doubt in my mind that each of your Soldiers is proud to be a warrior and a member of a professional team," Towery said. "They, just like you, are guardians of freedom and the American way of life. Your [noncommissioned officers] and officers understand and embrace technology with such enthusiasm that

See CLARK, page 6

## **ECBC** holds change of charter ceremony



Photo by AMBER SOWARDS, LOG SECTEAM Maj. Gen. Stephen V. Reeves, left, the Joint Program Executive Officer for Chemical and Biological Defense, passes the organization guidon for Joint Product Manager, Biological Detection Systems to Lt. Col. Alfred F. Abramson III during a change of charter ceremony May 4 at the Edgewood Chemical Biological Center. Abramson became the management official responsible for the program's Acquisition Life Cycle Management, including program costs, schedule and performance parameters replacing Lt. Col. Dennis A. Card who retired after 21 years of active duty service.

# Army News

# Wounded Warriors' wives get help

SAMANTHA L. QUIGLEY Army News Service

Understanding the critical role spouses play in the recovery of wounded warriors, Operation Homefront has created the Wounded Warrior Wives Project to help them navigate the challenges they may face.

"While the military sees to their physical health, the key to the shortand long-term stability and full restoration of our wounded warriors lies in the support of their spouses," said Meredith Leyva, founder of Operation Homefront. "It is the spouses, not the wounded warriors,

who are most responsible for key Family issues such as financial viability and seeking assistance."

The Wounded Warrior Wives Project is an opportunity for spouses to get together and discuss issues surrounding their service members' recovery, Leyva said.

And though the title specifically mentions wives, "we are certainly open to everyone," she said.

The Wounded Warrior Wives Project began at Operation Homefront's annual chapter presidents' meeting, Leyva said. The group recognized that each new phase of recovery and rehabilitation brings new challengcaregivers, Leyva said.

"It's a comprehensive program," Leyva said. "We catch them in the hospital at the acute phase [and] they can continue with physical support groups at the rehabilitation centers."

The Wounded Warrior Wives Project strives to provide caregivers with an emotional and practical support system to navigate challenges. Through the program, Operation Homefront will provide support groups at each major military medical facility, Leyva said.

[The project] will continue this support network beyond the Family's involvement in the medical system

and discussion forums that will directly address pertinent issues. This content launched April 2, she said.

The Web content will become a new section on CinCHouse.com, Operation Homefront's online community. Dr. Julia Storey, a retired Air Force psychologist, and Tonia Sargent, a Marine wife whose husband suffered severe head injuries, will lead the endeavor, Leyva said.

Local support groups are primarily peer-to-peer with the goal of presenting information on all the programs available for military Families, Leyva said.

"However, we will not be allowing

es not only for patients, but also for with Web-based magazine content command officials and program officials into the inner workings of the support group meetings, as a matter of privacy, unless the support group members specifically request that," Leyva said. "People need to be able to talk openly and without fear of reprisal, and I think command officials understand this."

> Operation Homefront is a member of the Defense Department's America Supports You program, which highlights the support the nation's servicemembers are receiving from the American public and the corporate sector.

> (Editor's note: Author writes for the American Forces Press Service.)

# **Extended deployments should lessen Army stress, commander states**

GERRY J. GILMORE Army News Service

Extended overseas deployments affecting Soldiers serving in Afghanistan and other locales overseen by U.S. Central Command should help to alleviate the stress on the Army, a senior U.S. officer in Afghanistan told Pentagon reporters April 24.

"I'm absolutely confident that that's going to work and that'll manage the pressure and the stress on the force," Col. Martin Schweitzer, commander of the 82nd Airborne Division's 4th Brigade Combat Team, said during a satellite-carried news conference.

All active Army units already operating within U.S. Central Command's area of responsibility, including Afghanistan, Iraq and the Horn of Africa, or en route there "will deploy for not more than fifteen months and return home for not less than twelve months," Defense Secretary Robert M. Gates announced April 11 at a Pentagon news conference.

The change automatically increased the length of Soldiers' overseas tours in those areas from 12 to 15 months.

A 22-year Army veteran, Schweitzer is on his second tour in Afghanistan, having previously served there in 2002. The colonel began his current tour of duty in Afghanistan in January.

The 4th Brigade Combat Team operates in Paktika, Paktia, Lowgar, Ghazni and Khost provinces in the southeastern part of Afghanistan, Schweitzer said, noting this is the brigade's first overseas deployment.

The 15-month deployments are needed to ensure that the Army retains the capacity to sustain the deployed force, Lt. Gen. Raymond T. Odierno, commander of Multinational Corps Iraq, said April 13 from Baghdad during a teleconference with Penta-

The tour extensions will provide more predictability and stability for Soldiers and their Families, Lt. Gen. Odierno said, noting the policy "will ensure twelve months at home station between rotations."

Schweitzer acknowledged difficulty in measuring how the extended deployment affects individual Soldiers under his command. However, he expressed strong support for the personnel decisions made by senior Defense Department and Army leaders.

The Pentagon's civilian and military leaders "put a lot of rigor and analytical analysis into this [tour extension] to determine what is best for the service and what is sustainable," Schweitzer said.

# Spouses to Teachers program extended

Western Governors has extended the offer of supplemental \$1,500 scholarships for the Spouses to Teachers program. WGU is offering the scholarships to all military spouses in any location, beyond the 14 current pilot states where the Spouses-to-Teachers program is offered. Bachelor's and master's degree programs are offered by WGU's Teachers College.

Scholarship recipients can apply \$300 of the scholarship money per six-month term at WGU, renewable up to five terms.

Although WGU's competency-based model allows students to complete the requirements of a graduate program in less than two and a half years, the scholarship awards are based on a reasonable experience of five six-month terms to complete the program. Scholarships are also available for undergraduate teacher certification degree programs, distributed at the rate of \$300 per six-month term for the first five terms only.

Getting a degree at WGU is convenient and accessible since WGU is a fully accredited, private, non-profit online university, which is competency-based.

WGU students earn their degrees by demonstrating their competency and skills in various disciplines by taking a series of careful- cations, visit www.wgu.edu/spouses.



ly designed assessments.

Assessments determine a student's success rate at WGU, not fixed course schedules.

The university is also a member of Service Members Opportunity Colleges, which is dedicated to helping service personnel and their Families get college degrees. Spouses to Teachers is managed through the Department of Education and Department of Defense by the Defense Activity for Non-Traditional Education Support, or DANTES.

For more information on eligibility and appli-

# **Disciplinary board watches out for Soldiers treated unfairly by merchants**

Story by
SPC IAN BOUDREAU Army News Service

It could happen to anyone on a military installation: A person decides to buy a car, negotiates a price, purchases one at a lot near post and winds up with a lemon. Is this person stuck?

Not by a long shot, as it turns out. Every Defense Department installation has a system in place to help Soldiers and Family members who've been treated unfairly by merchants. It's called the Armed Forces Disciplinary Control Board.

"This program does a lot of things," said Lt. Col. John Davidson, Fort Knox provost marshal.

As the post sheriff, Davidson sits as the head of the Fort Knox board, whose membership includes representatives from many post agencies.

'The reason for the board is because the CG [commanding general] is concerned about the health and welfare of the Soldiers and Family members under his command," Davidson said. "Any issue that has bearing on their health and welfare, he wants to look into."

The board, governed by Army Regulation 190-24, can recommend that the commanding general take a broad spectrum of actions "if a Soldier feels like they've been slighted or that they've been discriminated against," Davidson said.

And it's not just shady business practices the board looks into and attempts to correct. Complaints to the Disciplinary Control Board come in many shapes and sizes, and range from

unfair interest rates to discrim- time and who they've been ination to sexually transmitted spending it with. diseases, Davidson said.

marshal, the board is com- ly, or more often if required. posed of representatives from "We make a decision, alcohol and drug control, the community health nurse, Army Community Service, the Criminal Investigation Division, the Inspector General, Staff Chaplain Office, Morale Welfare and Recreation and the Public Affairs Office - all of whom provide expert advice from their respective fields.

"Each different discipline will have input," Davidson said. "Anyone can say, 'Hey, do we need to look into this?""

Complaints are usually submitted to the board in writing, but the victim of an alleged offense can also elect to appear before the board to make his or her case.

"If we think the case is valid, we will send a letter to the company, individual or enterprise in question," Davidson said. "They'll have the opportunity to come before the board and plead their case or negate what was said about them."

Working through post agencies and their civilian counterparts in the community, the board can initiate investigations into complaints it decides have merit.

For a sudden outbreak of a sexually transmitted disease, for example, health officials can look into patterns of behavior among the people who have contracted the infection, including where they've been spending their off-duty

The findings are returned to In addition to the provost the board, which meets quarter-

the Staff Judge Advocate, and then we'll make a recommendation to the garrison commander," Davidson said.

> The board's "neutron bomb" is the recommendation that the commanding general place an area or business on the "off-limits establishments list," which is posted prominently in every unit area in the local command.

> The ban carries the weight of a general order, and the effects of having Soldiers barred from frequenting an establishment close to post can have drastic negative effects on a business.

> But the board can recommend other actions, as well. The only limitation its members have is the scope of the commander's authority.

> "There are other avenues we can recommend without resorting to placing someone offlimits," Davidson explained.

However, the board can't act on issues it isn't made aware of, Davidson said.

"If you've been wronged, get it into somebody's hands,"

Normally, complaints are vetted through a Soldier's chain of command, so the best place to start is usually a firstline supervisor.

But information can reach the board through any of its members' directorates as well. "Get it to somebody," he said,

"so we can make the determination whether to take action."

21005-5001; call the editor at 410-278-1150, DSN 298-1150; send a fax to 410-278-2570; or send e-mail to editor@apg.

Deadline for copy is Thursday at noon for the following Thursday's paper.

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Live up to all the Army Values. ARMY U.S.ARMY ARMY STRONG

Photo by ARMY G-1

The Army recently issued new versions of the Army Values poster series. APG News will feature the remaining Army Values posters in future issues

Honor. Live up to all the Army Values. This implies always following your moral compass in any circumstance.

The APG News, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the APG News are not necessarily official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army or the U.S. Army Garrison, Aberdeen Proving Ground. The newspaper is published weekly by the APG Public Affairs Office, ATTN: IMNE-APG-PA, Building 2201, APG, MD 21005-5001, 410-278-1150. Printed circulation is 8,900.

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# **NSPS: Senior leader communications**

www.cpms.osd.mil/nsps

To help employees understand the National Security Personnel System conversion and its impact, *APG News* will provide weekly articles detailing the characteristics of the new Department of Defense system. This article details the responsibilities of managers and supervisors. For more information, visit the NSPS Web site, <a href="http://www.cmps.osd.mil/nsps">http://www.cmps.osd.mil/nsps</a>.

It is critical for managers, supervisors and senior leaders to stay on top of NSPS information and ensure that employees stay informed. Leaders should provide brochures and pamphlets about NSPS and performance management. Several online resources on the NSPS Web site include:

- Myths and Facts: A fact sheet that clarifies information about NSPS.
- A Roadmap for Leading Change: A handout for leaders to help their employees successfully transition to NSPS.
- Seven Ways for Supervisors to Get
   Ready for NSPS: Practical ways for super Assist man

visors and their staff members to get ready

- Six Ways for Employees to Get Ready for NSPS: Practical ways for employees to prepare for NSPS.
- Communicating With Your Staff: A brochure that describes communication techniques for managers and supervisors and the benefits of establishing effective staff communications.
- Communicating With Your Supervisor: A brochure that provides tips for employees on how to initiate and effectively participate in performance-based discussions.

#### Leading the transition

One of the most important ways you can lead your organization in adopting NSPS is by modeling your commitment, sharing resources, providing reliable and consistent information to all employees and making yourself available through meetings, conversations and ongoing communications. Use the following ideas to get started:

• Assist managers and supervisors with APG News.

identifying ways to assess their current managerial and supervisory skills so they know where to focus their attention.

• Begin to work with your supervisors and managers in developing their skills in communication and performance management.

The following resources are available for federal managers:

## http://www.opm.gov/perform/wppdf/2002/handbood.pdf

This Web site has a downloadable handbook on measuring employee performance.

http://www.businessofgovernment.

Look here for items such as a down-loadable pay-for-performance guide for federal managers.

Check the component-specific Web sites for other available resources and training opportunities.

Read more about leading the NSPS transition as a senior leader in next week's *APG News*.

# Attention departing card holders, billing officials

ACA APG DOC

When a cardholder or billing official is being reassigned, separated from federal service or retiring, a written request must be submitted by their billing official or office chief to the APG Directorate of Contracting Agency/Organization Program Coordinator (e-mail: creditcard@apg.army.mil) no later than 30 days prior to their departure. In extraordinary situations, when an unscheduled departure is less than 30 days, notification of the departure shall be made as soon as it is known.

The cardholder shall stop all purchase activity no later than 30 days prior to their departure and ensure their account balance is paid in full prior to their job reassignment, separation or retirement.

The billing official is responsible for destroying the card and notifying the A/OPC when the card or billing account has been paid in full.

Termination of the billing official's account will also result in the termination of all cardholder accounts assigned to the billing official

The Civilian Personnel Clearance Form, EAP 1132, and DA Form 137-1R include the requirement for billing officials and cardholders to obtain the signature of the A/OPC or the alternate A/OPC prior to terminating post employment.

The APG DOC A/OPC and alternate are located in the Robert Morris Building at 4118 Susquehanna Avenue and are available 1:30 to 4:30 p.m., Monday through Friday, to sign clearance forms. To ensure availability, call Diane Schneider, 410-278-0848 or Dennis Bolen, 410-278-0849 for an appointment.

For additional information regarding the Government Purchase Card Program, visit the APG DOC Web site, http://www.apg.army.mil/apghome/sites/Restricted/aca/index.html.

#### **Post Shorts**

flushing will include Spesutie Island, the U.S. Army Research Laboratory area and all restricted areas.

For more information, call Dennis Overbay, 410-652-0862 or the City of Aberdeen representative, Curtis Ball,

#### Movies

ADMISSION:
ADULTS \$3.50,
CHILDREN 1.75
Building 3245
Aberdeen Boulevard
To verify listing, call
410-272-9008, or visit
www.aafes.com
and click on
"Movie Listing."

**THE REAPING** Friday, May 18, 7 p.m.

-riday, May 18, 7 p.i Rated R

**ARE WE DONEYET? (FREE ADMISSION)**Saturday, May 19, 7 p.m.

Rated PG
FIREHOUSE DOG

Saturday, May 19, 9 p.m. Rated PG 410-278-2335.

# Memorial dedication ceremony

The community is invited to attend Harford County Public Schools' and the Veterans Commission of Harford County's dedication ceremony of a memorial stone at Harford County Public Schools administration building 5:30 p.m., May 24.

The building is located at South Hickory Avenue, Bel Air, and the memorial will be dedicated in honor of HCPS students "who made the ultimate sacrifice for our country."

For more information, call Debbie Everett, 410-588-5214.

#### 'Blacks in Government' to host retirement/financial seminar

The Susquehanna Chapter of Blacks in Government is hosting a lunchtime presentation in the Old Baltimore

Room at Top of the Bay, 11:30 a.m., May 30, titled "Understanding Your Federal Employee Benefits: The New Retirement Environment." The presentation is open to all. The presenter, Rita Bailey, CPA, Financial Assurance Corporation, will discuss how to prepare for life during retirement. For more information, contact Larry McCaskill, U.S. Army Research, Development and Engineering Command, 410-436-5299.

#### **RAB** holds meeting

The Installation Restoration Program will hold its monthly Restoration Advisory Board meeting 7 to 9:45 p.m., May 31, at the Edgewood Senior Center on Gateway Road. The topic of the meeting will be an update on the Other Edgewood Areas Study Area.

Board meetings are open to the public; all APG employees and citizens are invited. For more information, call the Information Line at 410-272-8842 or 800-APG-9998.

# FEW accepting scholarship applications

The Federally Employed Women Foundation's Scholarship Program was established to assist its members and their immediate families who are looking to further their academic goals. The scholarship is for one full four year-scholarship in the science and technology career fields with Grantham University (www. grantham.edu/few.htm), a 100 percent online university based in Kansas City, Mo. The scholarship includes all books and software for the completely online academic program.

For applications and additional information, visit **www.fewfoundation.org**.

Deadline for applications is

June 1.

For more information, contact Patricia Wolfe, 202-447-5573 or e-mail wolfepatriciam@aol.com or Connie Stenlund, csflower-boutique@yahoo.com.

# Mandatory Sexual Harassment training

The biennial Prevention of Sexual Harassment training for appropriated and non-appropriated fund supervisors and all other civilian employees serviced by the U.S. Army Garrison, Equal Employment Opportunity Office will be held at the APG South Conference Center, building E-4810, June 6.

Supervisor training is scheduled 8 to 10 a.m. Employee training is scheduled 11 a.m., 1 and 3 p.m.

Request for sign language interpreter must be coordinated through Roxanne Conley, 410-278-1100.

The training schedule is also available on the APG Garrison Intranet Homepage and the EEO Office Web site.

For more information, call Neslie Etheridge or Roxanne Conley, EEO Office, 410-278-1131/1100.

(Editors Note: More Shorts can be seen at www.apgnews. apg.army.mil under Shorts.)

# Women needed for breast imaging study

The Clinical Breast Care Project is seeking women ages 30 to 45 for a research test that may help identify women at increased risk for breast cancer.

The simple, painless test is being conducted at Kimbrough Ambulatory Care Clinic at Fort Meade.

About 11,000 women are needed for the study during a 5-year period.

This collaboration between the Uniformed Services University for the Health Sciences, Walter Reed Army Medical Center, Windber Medical Center in Windber, Pa., and the Henry M. Jackson Foundation for the Advancement of Military Medicine is a Department of Defense supported study.

Participants must be active duty military (any branch) or activated National Guard or Reserves, retirees or spouses of active duty service members (any branch).

The T-Scan is a new screening technology being evaluated in clinical trials for its ability to identify women at increased risk of having or developing breast cancer. The T-Scan measures the flow of electrical current through breast tissue and can be used to detect abnormalities. The T-Scan is a painless, non-invasive procedure that takes 15 to 20 minutes.

For information or to make an appointment, call Nansy Mathews, HJF nurse practitioner, 301-677-8858 or e-mail nansy.mathews@amedd.army.mil.

# Community Notes

#### **FRIDAY MAY 18 ALPHA KAPPA ALPHA**

**SORORITY IVY BALL** 

Xi Delta Omega Chapter, Alpha Kappa Alpha Sorority, Inc. will sponsor its 9th Annual Ivy Ball, 8:30 p.m. to 1 a.m., at the Richlin Ballroom, located on 1700 van Bibber Road, Edgewood, with music and door prizes. Admission is a \$50 donation per person. Proceeds will benefit the scholarship fund and community service

For more information, call 410-939-5368.

#### **RIDEYOUR BIKETO WORK DAY**

programs.

Harford County will sponsor the fifth Ride Your Bike to Work Day Rally, 7 to 9 a.m. at 220 South Main Street, Bel Air. With attitudes changing toward a cleaner environment, and gasoline prices surging to an average of \$3 per gallon, this event promotes a "clean commute" and other clean commuting choices in the Commuter Choice Village. May has been designated as Clean Commute Month."

Registered bike riders will gather under the tent at the Harford County Administration building, 220 South Main, and participate in a kick-off parade followed by a reception and light refreshments.

There will be prizes and giveaways available and musical entertainment will be provided. Harford Transit will give away roundtrip MARC train tickets and bus passes, and participants will receive a signature Bike to Work 2007 T-shirt.

For more information, e-mail Will Doane at wvdoane@ harfordcountymd.gov.

#### **SATURDAY**

#### **MAY 19 HOLY COW FESTIVAL**

Holy Trinity Episcopal Church, located on 2929 Level Road (Route 155), next to Churchville Elementary School, will sponsor a "Holy Cow Festival," 8 a.m. to 3 p.m. Events include bedding plants, hanging plants, bluegrass music, baked goods, a moon bounce for TOASTMASTERS kids, face painting, cotton candy and more.

For more information, call Gunpowder Toastmas-Cookie Bartfeld, 410-734-0463. ters Club 2562 will hold

#### **UPPER BUSH RIVER EXPLORATION**

Venture beyond Otter Point Creek to check out other Bush River shorelines and do some water quality assessment. This event will be held 9 to 10:30 a.m. for children weighing 30 pounds to adult. Cost of the program is \$6 and \$4 for ages 13 and under. Registration is required.

For more information, to register or for directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, extension 1688.

#### **GUNPOWDER EXPLORATION**

Pack a lunch for a leisurely exploration of the Gunpowder Cove area. The event will be held 11 a.m. to 2 p.m. for ages 8 to adult, ages under 13 accompanied by an adult. Cost of the program is \$10. Registration is required.

For more information, to register or for directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, extension 1688.

#### **SUNDAY MAY 20 WILD FORYOU**

Hike around the Anita C. Leight Estuary Center trails and check out what Mother Nature has in store. This event is free for ages 5 to adult. Registration is required.

For more information, to register or for directions to the center, call 410-612-1688 or 410-879-2000, ext. 1688.

#### FLOATIN' AND FISHIN'

Discover how fun fishing can be - bring the children out to float on the Bush River and learn some fishing basics. This event will be held 8:30 to 10:30 a.m. for ages 7 to adult. Cost of the program is \$6 and \$4 for ages 13 and under. All equipment will be supplied. Registration is required.

For more information, to reqister or for directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, extension 1688.

#### **MONDAY**

#### **MAY 21 GUNPOWDER MEETS**

its regular meeting 11:40 a.m. to 12:40 p.m. at the Gunpowder Club in APG South.

The club is open to anyone on or off post who wants to improve their communication, leadership and listening skills and overcome the fear of speaking in public. Lunch will be available.

For more information, call Len Kolodny, 410-734-6573.

#### **THURSDAY**

#### **MAY 24 CAREER FAIR FOR MILITARY VETERANS AND SPOUSES**

military-to-civilian firm RecruitMilitary will present a Career Fair for military veterans and spouses, 11 a.m. to 3 p.m., on the covered rear deck of the legendary battleship New Jersey.

Admission is free. The event is open to veterans, men and women who are transitioning from active duty to civilian life, members of the National Guard and Reserve forces and military spouses.

The battleship is docked on the Delaware River at the Camden, New Jersey, waterfront, opposite Penn's Landing in Philadelphia.

For more information, call Karen Gavin, director of Resource Development, 513-683-5020, e-mail Karen@recruitmilitary.com or visit www.recruitmilitary.com.

#### **SUNDAY**

#### **MAY 27 HARFORD GLOBAL DAY OF PRAYER**

The Global Day of Prayer for Harford County will be held 6 to 8 p.m. (Pentecost Sunday), at the intersection of Trimble and Willoughby Beach roads in Edgewood. For more information, call Ed Ducote, 410-236-2092, e-

mail edducote@verizon.net, or visit Web site www.Harfordgdop.org.

#### **SATURDAY**

#### **JUNE 9 'BAR-B-QUE CHALLENGE' AND BAKING CONTEST**

Calling all cooks and bakers. A 'Bar-b-que Challenge and Baking Contest' will be held 1 to 4 p.m., at the Episcopal Church of the Resurrection located on Rumsey Island, Joppatowne. Cooking will take place 7 to 11:45 a.m.; judging will be held at noon. Barbeque can be either a meat or non-meat entry.

Cost of admission to this event is \$5 and includes a sample of the entrees. For more information or to register, call Beverly, 410-679-5394 or 443-846-1017.

(Editors Note: More calendar events can be seen at www. apgnews.apg.army.mil under Community Notes.)

# **Commentary--Commissary Awareness** Month raises 'commissary consciousness'

CARRIE WILLIAMS

If you think you have to be married to shop the commissary, think again. You don't have to make a lifetime commitment to begin a lifetime of savings at the commissary.

That's good news for young single service members who aren't ready to take the proverbial plunge.

"Commissaries are an essential part of the whole military community, and that's just one of the messages we want to deliver to all service members during Commissary Awareness Month in May," said Patrick Nixon, director and chief executive officer of the Defense Commissary Agency. "With extensive health

meats, fresh produce, organics and more, we offer 'healthy food at healthy savings' to all our customers - whether they are married or single."

commissary.

"The problem is too many service members wait until they get married or have children to start using the commissary regularly. They don't discover it as soon as they get into the service," Nixon said.

Once the savings of 30 percent or more over commercial grocery stores are "discovered" – why shop anywhere else?

"The commissary benefit can save single military members more than \$1,000 a year if they shop regularly at the commissary," Nixon said. "A Family of four can save nearly \$3,000 a year.

"You're ready to serve your country. Your commissary is ready to serve you. That's our most important mission," Nixon said.

The 2007 Commissary Awareness Month activities include single service member

and wellness sections, lean

Single service members can find all their toiletries, snacks, beverages, vitamins and personal care items at cost in their

> tours to showcase commissary readiness to serve. Programs such as Better Opportunity for Single Soldiers, Single Marine Program and Navy Liberty as well as the Air Force First Term Airmen centers, get personal tours of commissaries, win commis-

and events during the

month-long event. Another customer favorite is the annual May worldwide case lot sale. When customers can find savings of up to 50 percent over regular prices. It's an experience difficult to describe and impossible to duplicate.

Case lot sale dates and locations are available on DeCA's official Web site, http://www. commissaries.com.

sary gift certificates funded by industry, and earn Bonus Bucks for their programs through competition for the best tours

> particularly Brig. Gen. Rebecca S. Halstead, OC&S commander, and OC&S chief of staff Col. Frank Merritt, who was also Clark's predecessor.

> "Thank you for your mentorship, outstanding support and friendship when I needed it," Clark said.

He commended his battalion Command Sgt. Maj. Luis Rivera and 16th Ordnance Battalion Commander Lt. Col. Karen Z. Jordan for their leadership.

"Thanks battle buddy for making my second year better than the first," he told Jordan.

To the battalion's officers, noncommissioned officers. Soldiers and trainees, Clark said, "I could not have been more blessed than to have been your battalion commander."

# Clark

#### From front page

their warriors want to grow up to be just like them.

"There's strong, there's Army strong, and now there's 'Professionals in Gear'

strong," Towery added. "I commend you for standing up and saying 'Here am I, send me to Iraq." "It's been a fun ride and I

cannot believe how quickly the time has passed," Clark said of his time at APG. He thanked God, his Fam-

ily and fellow Soldiers,

# **Newcomer Orientation familiarizes** new employees with installation

Story and photo by **HEATHER TASSMER** APG News

New military, civilian and contract employees learned all about Aberdeen Proving Ground and the services available to them on the installation during the Newcomer Orientation May 2 at the APG North Recreation Center.

Newcomer Orientation is run by the Army Community Service Relocation Assistance program manager Phyllis Ethridge.

"The relocation program focuses on ensuring support and assistance is available for inbound and outbound military personnel, their Family members and civilian employees," Ethridge said.

About 50 organizations set up tables or exhibits so that newcomers could learn about their services. Ethridge said.

Maryland Feline Society Inc., the U.S. Army Center for Health Promotion and Preventive Medicine's toxicology program and several leasing agencies were some of the new exhibits for the orientation, she said.

Col. John T. Wright, APG Garrison and deputy installation commander, talked to newcomers about what to expect while working on APG.

As an installation that specializes in testing of munitions, APG military, civilian and contract employees hear a lot of explosions, Wright said.

"I assure you that testing personnel are going through procedures to keep the installation safe," he said.

Other missions APG focuses on are research and development, Soldier training, chemical and biological, he said.



Staff Sgt. John Holschuh, an instructor for the Headquarters and Headquarters Company, 16th Ordnance Battalion's Conventional Weapons Division, checks out information about the Army Education Center during Army Community Service's Newcomer Orientation May 2 at the Aberdeen Proving Ground North Recreation Center.

they are eligible for Morale, Welfare and Recreation activities that include the bowling center and swimming pools.

"If Soldiers, civilians and contractors don't continue to support Morale, Welfare and Recreation programs, they will go away," he said.

He also discussed how Base Realignment and Closure, a process the U.S. Department of Defense uses to reorganize its installation infrastructure to make it more efficient, will affect APG.

From 2011 to 2012, the installation will experience significant changes, he said.

"In the next several years, you will see construction and the installation preparing for these changes," he said.

Wright stated that APG's post BRAC population will be employees will come from Fort and history. Monmouth, N.J., and 1,200 will come from different locations around the United States.

The U.S. Army Ordnance Center and Schools will relocate to Fort Lee, Va., in 2009 or 2010, he said.

These changes will also result in closing the youth center and chapel at APG South, he said.

Wright invited newcomers to attend monthly Well Being Action Council meetings to stay informed about APG events.

He also pointed out APG 90th anniversary artwork that was created by Harford County Public School students and told newcomers that these pieces would be displayed at future APG events.

In addition, newcomers watched a video that informed

The orientation gave newcomers a chance to learn about places to shop, financial services, child services and local schools and other services available to military, civilians and contractors.

Employees of Army Community Service were at the orientation to inform newcomers about various programs they provide such as Parents and Children Together, Women, Infants and Children Program, Financial Readiness, Employment Readiness, Volunteering, Relocation program, Family Advocacy, Sexual Assault Prevention and Response Program and Army Emergency.

See NEWCOMER, page 13



# Orientation Course Now Given All New Employees

A new program designed to acquaint every new employee with the Post and with the importance of his job in helping meet overall Chemical Warfare Service production goals, has been in operation at Edgewood Arsenal since June 1.

Under the program, new employees are required to attend a special 21/4-hour orientation class at Bldg. 214 from 8:30 to 10:45 a. m. on their first Friday at Edgewood. The weekly courses include a moving picture on the history of CWS and brief talks on civil service, placement, wage administration classification, pay and leave, efficiency ratings, employee relations, and policies and services.

Assisting with the program are Victor G. Clare, Frank Jacobson, Carl F. Schultheis, Capt. C. E. Medlock, Harry C. Smock, Mary Brown, Marie Spencer, Katherine Kilmurray, Mary Anne Slowik, John Fohner, Margareth Matter, Julia Moats, Elizabeth Swanner Grover Kilmer, Alice Patterson, Dorothy Evans, Agnes Duggan and Louis Hildebrandt.

This newcomer orientation story ran in "The Edgewood Arsenal Flame Thrower" in July 1945, one month after the program began. Army Community Service now administers the Newcomer Orientation so that military, civilian and contract employees can learn about Aberdeen Proving Ground's history and services.

# MORALE, WELFARE & RECREATION

#### **Activities/Events**

#### **APG holds Armed Forces** Day 10K run

Aberdeen Proving Ground and Morale, Welfare and Recreation will host the Armed Forces Day 10K Run, 8 a.m., May 19.

The race is open to anyone, military or civilian. Applications can be picked up from the APG North Recreation Center, building 3326; APG athletic and fitness centers; Hoyle Gym and other MWR outlets or online at www.apgmwr.com or www.charmcity.com.

Entry fees are \$25 through May 18 and \$30 race day. There is a \$5 discount for active duty military and privates (E-1) through Pfc. (E-3) are free.

Runners will receive a 10K Run T-shirt, and water will be provided on the course and at the finish line.

For more information, contact Ralph Cuomo, MWR sports director, 410-278-3812. or e-mail ralph.cuomo@apg.army.mil.

#### **Talent Search tryouts** begin soon

City to see "Tarzan'

shey Farms

The annual search for APG's most talented is on and

good vocalists. Tryouts for the APG Talent Search and the chance of moving on to bigger events, like the U.S. Army Soldier Show, begin in a few weeks. Tryouts will be held 6:30 p.m., May 29 and 30 at the Stark Recreation Center in APG South and 6:30 p.m., June 5 and 6 at the APG North Recreation Center.

MWR ID card holders and their Family members, age 18 or older, are eligible to participate. MWR is specifically looking for vocalists (individuals or groups), poets, dancers, instrumentalists or comics. Rules for the show are posted on the MWR Web site at www. apgmwr.com.

The Talent Search will be held 6:30 p.m., June 23, at the APG North Recreation Center, building 3326.

#### LPGA tickets

MWR has tickets to see the McDonald's LPGA Championship featuring the biggest names in women's golf June 4 through 10 at Bulle Rock, Havre de Grace.

Cost is \$12 for regular admission and includes one day admission and transpor-MWR is looking for a few tation to and from designated deen South, building E4210,

**Upcoming Civilian Welfare Fund events/trips** 

yon by railway

parking areas. Season Badges cost \$33 each and includes daily admission and transportation to and from designated parking areas.

Saturday, June 9, is Military Appreciation Day. All active duty and retiree ID card holders will be admitted free.

#### **New York City Liberty Tour**

Cruise aboard the famous Circle Line cruise ship down Manhattan harbor to the Statue of Liberty for the best view in the city. Following the cruise, enjoy lunch on the coach touring famous and not-so-famous New York sights narrated by a professional and friendly step on guide. Then explore and shop in midtown Manhattan. Shop for souvenirs, browse at Macy's or stroll Times Square. Cost of the trip is \$90 per person and includes roundtrip transportation, cruise and lunch.

Deadline for registration is June 22. The bus will depart 7:20 a.m. and return 9:30 p.m.

For more information or to purchase tickets, visit MWR registration, Aberdeen North, building 3326, 410-278-4011/4907 Hoyle Gymnasium, Aber-

#### 410-436-3375/7134. **APG holds Talent Show**

A Talent Show will be held June 23, at the APG North Recreation Center, 6:30 p.m.; doors open 6 p.m. The event is open to the public.

Tickets cost active duty military, \$7 for non-military.

For more information or to purchase tickets, visit MWR registration, Aberdeen North, building 3326, 410-278-4011/4907 or Aberdeen South, Hoyle Gymnasium, building E4210, 410-436-3375/7134.

#### 2007 Army Arts and Crafts Contest

The Army Arts and Crafts Contest is an annual, juried competition of 2- and 3-dimensional artwork held in separate groups for novice and accomplished artists and craftspeople. All authorized patrons of Morale, Welfare and Recreation are eligible to enter. Rules for submission of entries, as well as entry forms can be downloaded from www. **armymwr.com**, or at the Arts and Crafts Centers.

Entries must be submitted to Arts and Crafts Center, building 2407, 410-278-4207 no later than 4 p.m., May 17.

#### **Dover Downs Raceway Nextel Cup**

Zoom on down to "The Monster Mile" Dover Downs Raceway Nextel Cup race on June 3. The bus departs 9:20 a.m. and returns approximate-

Experience the thrill of the speed, the unique white concrete track, the roar of the engines and cheers of the crowd.

Cost of the trip is \$130 and includes bus transportation and tickets - reserved seating on Turn 3, sections 139-149, rows 1-30.

For more information or for registration, call 410-278-4011/4907 or e-mail mwr\_ registration@apg.army.mil.

#### MWR begins daily bus trips to Atlantic City

Roll the bones on daily trips to Atlantic City. MWR Leisure Travel Services offers daily bus service to Trump Taj Mahal Casino and Bally's Casino. Cost of the trip to Trump Taj Mahal is \$28 per person with \$25 back in cash and a \$5 buffet coupon. Cost of the trip to Bally's Casino is \$22 with \$22 back in cash. Only for ages 21 and over.

The bus will leave Vitali's Restaurant, Best Western in Edgewood at 9 a.m. and return at 9 p.m.

For more information, call MWR Leisure Travel Services at Aberdeen Recreation Center, building 3326, 410-278-4011/4907 or e-mail mwr\_ registration@apg.army.mil.

#### **Orioles Baseball tickets** available at MWR Leisure **Travel Services**

All game seats are located in Section 40 Row WW seats 11 and 12, Row XX seats 11 and 12. Tickets cost \$49 each.

Call 410-278-4011/4907 or e-mail mwr registration@apg.

- Toronto Blue Jays, Tuesday, May 22, 7:05 p.m. · Oakland Athletics, Satur-
- day, May 26, 7:35 p.m.
- Tampa Bay Devil Rays, Wed-
- nesday, July 25, 7:05 p.m. • Boston Red Sox, Friday,
- Aug. 10, 7:05 p.m. Tampa Bay Devil Rays, Thursday, Aug. 30, 7:05 p.m.
- Boston Red Sox, Thursday, Sept. 6, 7:05 p.m.
- Boston Red Sox, Friday, Sept. 7, 7:05 p.m. New York Yankees, Friday,
- Sept. 28, 7:05 p.m.

#### Aberdeen Ironbirds tickets

Tickets are available for the following Aberdeen Ironbirds games:

Williamsport Crosscutters, 7:05 p.m., July 11,

Sports

• Staten Island Yankees (Mil-

itary Appreciation Night), 7:05 p.m., Aug. 16,

• Oneonta Tigers, 7:05 p.m.,

Tickets cost \$13.50 per person and include a complimentary Ironbirds hat.

For more information or to purchase tickets, call MWR Leisure Travel Services at Aberdeen Recreation Center, building 3326, 410-278-4011/4907 or email mwr\_registration@apg. army.mil or visit Web site www. apgmwr.com.

#### **MWR** has Washington 2007 Kings Dominion season passes

The Italian Job Turbo Coaster, White Water Canyon, Rugrats Toonpike and more await visitors to Kings Dominion. Season passes for adults cost \$68 and season passes for juniors and seniors cost \$50. Purchase season passes by June 29. Open to all Department of Defense employees.

For more information or to purchase passes, call MWR Leisure Travel Services, APG North Recreation Center, building 3326, 410-278-4011/4907 or e-mail mwr registration@ apg.army.mil.

#### **Daytona NASCAR Tickets**

Tickets for the July 1, Nextel Pepsi 400 at Daytona, Fla., are available at MWR. Tickets cost \$45 per person for superstretch seats, rows 1 through 31; \$67 per person for superstretch terrace seats, rows 33 through 61; \$58 per person for seating from the turns; \$126 per person for seating from the turns tower; and \$46.50 for a Nextel Fanzone Pre Race Pass. Open to all DoD ID card holders.

For more information or to purchase tickets, call MWR Leisure Travel Services at APG North Recreation Center, building 3326, 410-278-4011/4907 or e-mail mwr\_registration@apg. armv.mil.

# **Swimming pool operations**

#### Pool passes and lessons on sale now

#### **OLYMPIC POOL, BUILDING 3325** Opening date: May 26

Weekends only: May 26 to June 10 plus Memorial Day, May 28

• June 21 thru 24 - Weekend in Cape

• Sept. 15 – A trip to Broadway, New York

• Oct. 5 – Trip to Sight and Sound to see

• Oct. 20 - Scrapbooking Crop at Top of

• Nov. 9 thru 12 – Trip to the Grand Can-

"In the Beginning" and enjoy dinner at Her-

• July 21 – New York City for the day

Daily operation: June 16 to Aug. 26 Labor Day weekend: Sept. 1 through 3 Closing date: Monday, Sept. 3 Daily operation schedule

Child & Youth Services Day Camp: 9 to 11:30 a.m., June 18 to Aug. 17 Open swim hours: 12:30 to 6:30 p.m.

The lap swim lane is available during stan-

Weekend operation schedule: Open swim: Daily operation schedule 12:30 to 6:30 p.m.

#### **SHORE POOL, BUILDING 2031**

Lap swim, swim lessons, drown proofing and rentals only.

• Nov. 23 thru 25 – A weekend in New York

• Nov. 24 - Trip to New York City

For more information or to make reserva-

tions, call Angela Keithley, Civilian Welfare

Fund Office, 410-278-4603/4771.

for the Radio City Music Hall Christmas

City to see Radio City Music Hall Christmas

Spectacular with hotel accommodations

Swimming lessons: June 19 to Aug. 10; Levels 1-6, Adult, Parent/Toddler are scheduled daily. (Determined by customer demand.) Lap swim: 11:30 a.m. to 12:30 p.m., June 18 to 29

#### **BAYSIDE POOL, BUILDING E-4655**

Operates on same schedule as the Olym-

Weekend hours: 12:30 to 6:30 p.m.

CYS Day Camp: 9 to 11 a.m., June 18 to

pic Pool.

Open swim hours: 12:30 to 6:30 p.m.

## No open swim schedule. **POOL PASS FEES**

Daily\$5	
Under 5 Free	
Guest of eligible patron\$9	
5 and under\$2	
Active duty E1 – E4\$2	
Lap swim\$2	
30-day pass	
Individual	
E1-E4\$15	
All others\$35	
Family	
E1-E4\$35	
All others\$70	
Season pass	
Individual	
E1-E4\$40	
All others\$85	

#### Family E1- E4 ......\$80 All others ......\$175 Season passes go on sale April 9 at the Outdoor Recreation Equipment Resource Center in APG North, 410-278-4124, and at the Hoyle Gym in APG South, 410-436-3375.

#### **SWIMMING LESSON FEES**

Lesson location: Shore Pool; cost is \$50 \*10% discount for each additional child in a session.

\*10% discount for each additional session Registration dates:

April 9 - Active duty military only April 23 - DoD civilians

May 7 - All other eligible patrons

# PG Dawning of a new era in APG's 90-year history

(All dates are subject to change and weather conditions.)

**Calendar of Events** 

**90th Anniversary Celebration** 

#### May

• 17, Military Appreciation Luncheon (sponsored by the Harford County Chamber of Commerce), by invitation only

• 19, 10K Armed Forces Day Run, MWR, 410-278-3812

#### June

- 2 and 3, Ruggles Senior Club Championship, 9 a.m., age 50 and older, limited to annual, MWR, Ruggles Golf Course, 410-278-9452
- 11, Ruggles Super Senior Tournament, age 60 and older, MWR, Ruggles Golf

#### July

26, Army Community Service Birthday Picnic, 11 a.m. to 2 p.m.

#### **August /September /October**

• TBA Army Concert Tour November 2007

Course, 410-278-9452

#### • 15, Military Family Movie, ACS, 410-

278-4372, 6 to 9 p.m. December 2007

• 5, ACS Christmas Party/Tree Lighting Ceremony, 410-278-4372, 6 to 9 p.m.

(Editor's note: This calendar will be updated as necessary. New or changed items will appear in italic bold print.)

#### **Amateur Boxing Night**

Once again MWR will host Amateur Boxing Night, 6 p.m., June 2, in the parking lot of the APG Athletic Center, building 3330. The 143rd Ordnance Battalion will battle the 16th Ordnance Battalion.

Tickets cost \$5 for active duty military, \$10 for civilians and \$20 for front row seating. Admission is free for children 6 and younger. The event is open to the public.

Purchase tickets at MWR Leisure Travel Services, building 3326, 410-278-4011/4907, email mwr registration@apg.army.mil or Hoyle Gym and Fitness Center, building E-4210 or call 410-436-3375/7134.

#### **Youth Golf Program**

Registration for the golf program for boys and girls, ages 7 through 16 (as of June 18, 2007) will be held through May 24.

APG North golf will begin June 19 on Tuesdays

and Thursdays. Age groups 7 to 9 will play 8 a.m.; 9 a.m. for ages 10 and 11; and 10 a.m. for ages 12 through 16.

APG South golf will begin June 18 on Mondays and Fridays. Ages groups 7 to 9 will play 8 a.m.; 9 a.m. for ages

10 and 11; and 10 a.m. for ages 12 through 16. Cost of registration is \$65 for CYS members.

All youths must be registered with CYS.

For more information or to register, call 410-278-7571/7479 or Bill Kegley, 410-306-2297.

#### All Army swim team openings

Armed Forces Sports has added a swim team to the Army delegation for the upcoming World Games in Hyderabad, India. Any active duty Soldier interested in trying out for the team should contact Donna Coyne, 410-278-3929 or e-mail donna.coyne@apg. army.mil by the end of May. The actual competition will be held Oct. 8 to 22.

For more information, visit the Military World Games Web site, http://www.cism-milsport.org/ eng/welcome.html and click on "World Games" or http://www.mwg2007.org.

# **Upcoming senior golf events**

#### Ruggles to hold Senior Club Championship

Ruggles Golf Course will hold a Senior Club Championship June 2 and 3 with an 8 a.m. start and is open to all annual patrons age 55 or older only.

The \$35 fee includes range

balls, cart, continental break-

fast on the first day, hot dog

with soda on turn both days,

and appetizers with bever-

ages after the second day of

play and prizes.

There will be a Men's and Ladies Division. Tournament will be flighted according to handicap. Entrants must have USGA handicap to enter.

Register in the Pro Shop at Ruggles or call 410-278-4794.

#### Ruggles to hold Super Senior Tournament

A Super Senior Tournament will be held at Ruggles Golf Course June 11, with a

9 a.m. start. The \$49 entry fee includes range balls, cart, continental breakfast, lunch and prizes.

Tournament is open to all golfers age 60 or older.

There will be a Men's and Ladies Division. Tournament will be flighted according to handicap. Entrants must have USGA handicap to enter.

Register in the Pro Shop at Ruggles or call 410-278-4794.

## **APG Bowling Center Snack Bar specials Building 2342**

#### Week of May 14

Special #1: Breaded chicken patty sandwich, chicken patty on top of a bowlerburger bun with mayonnaise, lettuce, tomato, pickles and onions, potato chips, one cookie and soda for \$4.95

Special #2: #2 Breaded chicken patty with marinara sauce served on a bowlerburger bun with marinara sauce, topped with provolone cheese, French fries, one cookie and soda

Special #3: Egg salad served on a bed of lettuce, tomato, pickles, onions, green pep-

pers, cucumbers, bag of chips, cookie and soda, \$3.95

#### Week of May 21

Special #1: Egg salad sandwich served on choice of white or wheat bread, potato chips, one cookie and soda for \$3.55.

Special #2: Six butterfly shrimp, French fries, coleslaw and soda for \$5.85.

For more information or to place an order, call 410-278-4041. Orders must be placed before 10:30 a.m.



## **Channel 21 features Pentagon Channel** programming

The Pentagon Channel will feature the following programs on Channel 21.

These programs are subject to change each week and will be updated accordingly.

#### Monday

Around the Services, 8 a.m. Focus on the Force, 10 a.m. Army Newswatch, 11 a.m. Freedom Journal Iraq/AF Prime Time, 1 p.m. AFN Europe, 6:30 p.m.

Around the Services, 8 p.m. Focus on the Force, 10 p.m.

#### Tuesday

Around the Services, 8 a.m. Freedom Journal Iraq/AF Prime Time, 10 a.m. Focus on the Force, 1 p.m. Around the Services, 5:30 p.m. Army Newswatch, 7 p.m.

Freedom Journal Iraq/AP Prime Time, 10 p.m.

#### Wednesday

Around the Services, 8 a.m. Army Newswatch, 9:30 a.m. Focus on the Force, 2 p.m. AFN News Europe, 6:30 p.m. Around the Services, 8 p.m. Army Newswatch, 9:30 p.m.

#### Thursday

AF Prime Time/Freedom Journal Iraq, 10 a.m. Around the Services, Noon Focus on the Force, 1 p.m. AFN News Europe, 1:30 p.m. Around the Services, 8 p.m. Focus on the Force, 9:30 p.m.

**Friday** Around the Services, 8 a.m., Noon Freedom Journal Iraq/AF Prime Time, 2:30 p.m. Army Football, 4 p.m. AFN News Europe, 6:30 p.m. Around the Services, 8 p.m.

#### **Saturday**

Freedom Journal Iraq/AF Prime Time, 4 p.m. Army Newswatch, 7:30 p.m. Focus on the Force, 9 p.m.

Focus on the Force, 11:30 a.m. Army Healthwatch, 2 p.m. Army Newswatch, 4:30 p.m.

Army Newswatch - Bi-weekly report on the men and women of the Army

Around the Services – From the Pentagon Channel News Center, daily half-hour program featuring military news from top defense officials and the military services from around the

RECON – A monthly information television program providing an in-depth look at a variety of topics, highlighting the accomplishments of U.S. military men and women.

Your Corps - Monthly view of the men and women of the

Freedom Journal Iraq – A daily news program produced by American Forces Network Iraq. The program focuses on military missions, operations and U.S. military forces in Iraq

Navy Marine Corp News – A weekly look at the men and women of today's sea service

Opportunity Showcase - A monthly program dealing with a variety of subjects that benefit small business owners, transitioning military members and other subjects of opportunity-produced by the U.S. Air Force

The American Veteran - A half-hour video news magazine designed to inform veterans, their Families and their communities about the services and benefits they have earned through their service to America and to recognize and honor that service

Battleground - Every weekend, this series features historic films from World War II, Korean War and the Vietnam War. A Pentagon Channel Original Series

Focus on the Force - A weekly program highlighting missions, operations and people of the U.S. military.

Inside Afghanistan - Presents the latest from Operation Enduring Freedom, showing the activities of American Troops in country.

ATS Reloaded – ATS-Reloaded revisits the best of the week and keeps viewers updated on information that's important to

# Chapel News

## **Register for Vacation Bible School**

The APG Main Post Chapel Vacation Bible School will be held 6 to 8:45 p.m., June 25 through 29, for preschoolers ages 5 to grade 6.

This year's theme is "Holy Land Adventure: Galilee by the Sea – Catch Jesus in Action."

Nursery care will be provided for volunteers.

Registration forms for volunteers (adults and teens) are available in the entrance of the Main Post (APG North) and South Post (APG is requested. For

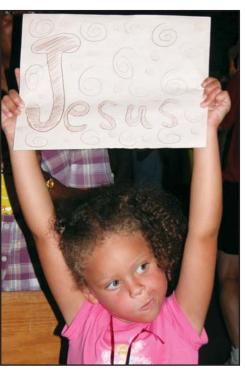


Photo by HEATHERTASSMER South) chapels. Jada Bright, 4, shows her appreciation for Jesus Early registration during 2006 Vacation Bible School.

more information, call Gerri Merkel, 410-278-2516 or e-mail gerri.merkel@apg.army.mil.



# Your health is KUSAHC's goal



# rmy fixing wounded warrior care ac

FRED W. BAKER III

Army News Service

Walter Reed Army Medical Center's woes in wounded warrior care have either been fixed, or are being fixed, the vice chief of staff of the Army said April 25.

"These things that were problems at Walter Reed ... almost all of them have been resolved or are being resolved, and we are now moving out to fix it across the Army," said Gen. Richard A. Cody talking to reporters at Walter Reed. "We've got the right people working the right issues. Our Soldiers have been absolutely honest and forthcoming. They want to make it better for the Soldiers who come behind them."

Cody was at the center for the activation of its new Warrior Transition Brigade. The new brigade structure will serve as the model for all of the Army's medical treatment facilities with a wounded warrior population.

"We'll learn here ... and we're going to take that and cascade it throughout the Army," he

Cody conceded that some problems, such hold and medical holdover companies needs as some changes to the medical board process, cannot be fixed quickly because those changes are made above the Army level. But all recommendations for those changes have been sent to the Defense Department, he said.

Since March, an Army team tasked with surveying wounded warrior care across the service has visited all Army medical treatment facilities and hospitals, Cody said. The team reported its findings to Cody April 24, but the report is not yet final or released, he said.

The team's preliminary findings were not surprising and mirrored those of the Independent Review Group tasked by the DoD, Cody

Among other things, the team found that:

- The medical and physical board process has too many forms and is too problematic and too bureaucratic;
- Better and standardized training is needed for liaison officers and case managers; and
  - The organization of the Army's medical

restructuring.

"We have got to change our bureaucracy and turbocharge it, and make it much more caring and much more accommodating to these Soldiers," Cody said.

Army Brig. Gen. Michael Tucker, deputy commanding general of the North Atlantic Regional Medical Command and Walter Reed, reported that his staff has 104 actions in progress.

Tucker cited the following improvements made since March:

- · All wounded warriors have been relocated out of building 18, a substandard temporary lodging facility;
- Walter Reed officials have established a Soldier and Family assistance center that consolidates seven in-processing locations down
- Every Family member who travels to Washington to be with a wounded warrior is now met at the airport upon arrival by a Soldier in uni-

form and brought to the assistance center;

- All backlogs of awards have been eliminated;
- Trained ombudsmen are now on staff at all medical treatment facilities at the patient representative office; and
- A clothing-issue point is now open. Soldiers are measured on arrival and uniforms are delivered to them.

Cody said one reason poor outpatient care was not reported sooner was because the system lacked quality control, especially in monitoring and reviewing case-manager care and the medical and physical board processes.

The general said he will launch an Army inspector general review of the medical system every six months, and simple feedback forms to collect Soldier and Family input are being developed. Cody also said he will meet with hospital commanders ever four to six weeks to ensure all needed changes are made to gather

## **Understanding the meaning** of 'other health insurance'

KUSAHC

By law, Military Treatment Facilities are obligated to bill health insurance companies for services rendered to beneficiaries that are not active duty.

The patient is not charged any fee at the MTF. Because collections from insurance companies help supplement the funding available for providing services to beneficiaries, patients are asked to cooperate by disclosing all relevant insurance information.

"To ensure that current health insurance information is on file-including coverage through employment or through a spouse-our [Kirk U.S. Army Health Clinic] staff will ask patients if they have additional insurance coverage," said Deborah Dodsworth, patient advocate.

"Patient Administration will supply every non active duty patient with a card annually to ensure they have updated their Other Health Insurance form located in their medical record. The OHI card must be presented every time a patient picks up medications, goes for lab work or radiology," she said.

All non-active duty beneficiaries are requested to review their third party billing card to ensure that it has not expired.

Your insurance information and card must be verified and updated annually. If your card has expired, please go to the Patient Administration Office at Kirk U.S. Army Health Clinic for renewal of your card and update supplemental healthcare insurance information in your medical record," Dodsworth said.

From the initial mandate to bill health insurance companies, health care services have been supplemented with third party reimbursements helping to buy equipment, upgrade services and make improvements.

"Timely renewal of your card will prevent delays in receiving services at KUSAHC," she said.

# Online health, wellness forum puts customers in touch with DeCA dietitian

**CARRIE WILLIAMS** 

Defense Commissary Agency officials are excited to announce the start of a new, interactive health and wellness page on the agency's Web site, http://www.commissaries.com. The forum, hosted by DeCA dietitian Maj. Karen Fauber, went "live" May 14.

"More and more consumers indicate they look to grocery stores for nutrition education and guidance," said DeCA director and chief executive officer Patrick B. Nixon. "Now that we have a dietitian on staff, it's critical that she has a forum for discussing health and wellness with commissary customers."

According to Nixon, the page includes a weekly column, "The Dietitian's Voice," and a discussion forum, "Ask the DeCA Dietitian," which allows customers to exchange comments, experiences, views and opinions regarding nutrition topics with the DeCA dietitian and other registered wellness forum."

"DeCA has made great strides in promoting health and wellness within the military community," Nixon said. "We've partnered with TRI-CARE for the past several years in educating commissary customers on the importance of weight maintenance, and we feel that making DeCA's staff dietitian readily available to the millions of people who shop in commissaries worldwide will strengthen our position as the nutritional leader for the military community."

Fauber said she is thrilled to be touching base with commissary customers and hopes that the forum will encourage an open-ended conversation about the very thing many of us take for granted: good

"Working with commissary customers is the best part of my job," Fauber said. "Nutrition science becomes the real thing when it is applied and makes a difference in people's lives. Our goal is to accomplish this with the health and

In her role as host of the for Better Health" program Kirksville, Mo.

# ordinary products extraordinary savings

forum, Fauber will tap into her extensive education and experience. She is a registered and licensed dietitian with more than 16 years of military service: 10 as an Army Reserve dietitian and six on active duty, including experience as a certified diabetes educator in Army medical facilities and public health clinics. Fauber developed, coordinated and evaluated health and nutri-

coordinator.

Fauber has a bachelor's degree in dietetics from Georgia Southern University, Statesboro, Ga., and a master's degree in education and human development from George Washington University, Washington, D.C. She interned at Brooke Army Medical Center in San Antonio. Continuing her studies, Fauber is currently enrolled in an online doctortion programs in Virginia, and al program in health education served as the state's "5 A Day through A.T. Still University,

# Survey

From front page

#### Here are the specifics of what the Army has done to address the MHAT-IV findings:

- Scenario-based Battlefield Ethics training.
- suicide prevention Revised training.
- Incorporate behavioral health awareness training in junior leader development.
- **BATTLEMIND** • Small-group Training during both pre- and postdeployment to better prepare Soldiers for the stressors of combat and to facilitate the transition home.
- Offer BATTLEMIND Training to spouses at pre- and post-deployment sessions to better prepare spouses for the challenges of deployments and the transition home.
- BATTLEMIND training for War-

riors in transition. A series of self-initiated surveys, MHAT-I (conducted in Iraq, September through October 2003) and MHAT-II (conducted in Iraq, September through October 2004) collected data from Soldiers engaged in direct combat. MHAT-III (conducted in Iraq, October through November 2005) focused on the units that supported the Brigade Combat Teams. MHAT-III also surveyed and interviewed Soldiers engaged in advising and training Iraqi forces -- Soldiers assigned to the Multinational Security Transition Command – Iraq. The unique aspect of their training mission and the fact that many of these Soldiers are serving in potentially high stress assignments warranted their inclusion in this MHAT assessment. The Army applied the results from previous mental-health assessment reports to adjust deployment preparation, certification and commanders training, known as PCCs, and plans to do the same with this latest report. MHAT-IV built on these earlier MHATs by focusing on both Soldiers and Marines, transition teams and leadership.

"The MHAT surveys are part of a long-range Army effort to learn about the mental health effects of our yearlong, and often multiple, deployments into combat," said Gen. Richard A. Cody, vice chief of staff of the Army. "They provide valuable feedback to revise our education, training, and mental health/well-being support efforts."

"This report is only the beginning, not the end, of a path to improve the mental health of our Soldiers. Clearly, the Army has some work to do," said Col. Elspeth Ritchie, of the Directorate of Health Policy and Services.

Cody stressed that this study, and others, help the Army stay proactive.

"For example," Cody said, "since the Abu Ghraib detainee abuse case, the Army has taken positive steps to train Soldiers and leaders on the proper treatment of detainees, long before our new FM was published."

In March 2007, TRADOC directed the Judge Advocate General's Legal Center and School to include the Soldier's Rules in Law of War training support packages for Initial Military Training and Professional Military Education. Training Soldier's Rules will ensure Soldiers understand battlefield ethics and procedures for reporting violations. The training will also include current operations-based scenarios that are used to ensure relevancy. The JAG Legal Center and School will complete the IMT and PME TSPs no later than May 15 with an estimated implementation date no later than June 15. The Soldier's Rules are now included in Army Regulation AR 350-1.

#### **Soldier's Rules**

- Soldiers fight only enemy combatants.
- Soldiers do not harm enemies who surrender. Disarm them and turn them over to your superior.
- Soldiers do not kill or torture enemy prisoners of war.
- Soldiers collect and care for the wounded, whether friend or foe.
- · Soldiers do not attack medical personnel, facilities, or equipment.

- Soldiers destroy no more than the mission requires.
- Soldiers treat all civilians humanely.
- · Soldiers do not steal. Soldiers respect private property and possessions.
- Soldiers should do their best to prevent violations of the law of war.
- Soldiers report all violations of the law of war to their superior.

One key target group for this information and training are the Army colonels and lieutenant colonels selected to command brigades and battalions respectively. TRADOC has included revisions in the curricula of both the Battalion and Brigade Pre-Command Courses to include the training on the Soldier's Rules, and that Soldiers should apply them notwithstanding other stressors.

Anew Army Web site, www.behavioralhealth.army.mil, introduced this month, includes instructional materials required to conduct BAT-TLEMIND training. While Training Brigades have not yet formally instituted BATTLEMIND training at Mobilization Stations, all have incorporated mental health training during the mobilization process. "Training includes, but is not limited to, Army Values, Soldier Rules, Battlefield Ethics, Suicide Prevention and Traumatic Event Management," according to Col. Edward Lindeke, command surgeon for First U.S. Army.

Additionally, leaders in Iraq are using, and will continue, a proactive approach to educate the force deployed in the field. One example of this is Lt. Gen. Peter Chiarelli – then commanding general of the Multi-National Corps – Iraq – who initiated an MNC-I "chain briefing" which provided a mechanism to inform Soldiers deployed in Iraq about the key elements of MHAT-III, using the established military chain of command as the implementer.

As Reserve units mobilize for possible deployment, a number of proactive measures have been incorporated in to that process. Specifically, units and individuals with a detainee healthcare

mission will receive training in Middle Eastern culture, Geneva Conventions, detainee medical challenges, according to Lindeke.

"Medical personnel are trained to apply the same standard for medical care to detainees as U.S. Soldiers,"

Likewise, chaplains are conducting "Gate Keeper" training, which teaches Soldiers to identify behavioral health issues and risks. Recently, according to Lindeke, chaplains have attended the Combat Operational Stress Control course, as well as the Traumatic Event Management course, and have incorporated the training in to their group instruction on suicide prevention, battle stress, and postmobilization training.

"Chaplains have also provided training in crisis response and critical incident and stress management training," Lindeke said.

Throughout the Army, the Post Deployment Health Reassessment is a new part of the military force health protection program that came about from previous MHAT studies. PDHRA is a screening tool used 3-6 months following return from overseas deployment. PDHRA extends the continuum of care for deploymentrelated heath concerns, and provides education, screening, assessment and access to care.

Sgt. Maj. of the Army Kenneth O. Preston has incorporated the PDHRA into his areas of interest.

"This program highlights for many Soldiers and Family members the broad availability of medical and counseling services offered by a number of agencies," he said. "I want to insure that our Soldiers receive assistance before overall health, careers, and relationships are affected."

About a third of all Soldiers who return from OIF have received mental health care in the year after return. This includes screening, prevention, and treatment services. Our data suggest that 10-15 percent of post-OIF Soldiers are at risk for PTSD. The most common diagnoses include

adjustment reactions, depression, anxiety disorders and alcohol and

substance-related problems. "Reporting symptoms does not mean that the Soldier has a psychiatric disorder," Ritchie said. "More commonly, Soldiers experience short-lived and normal reactions that improve over time. However, some Soldiers may need help if symptoms persist or interfere with work or social functioning."

MEDCOM is responsible, also, for overseeing the Mental Health Self-Assessment Program—a voluntary, anonymous, self-directed mental health and alcohol screening and referral program offered to military Families and service members affected by deployments and mobilization. It's offered on-line, 24/7 and through special events held at installations and reserve units. The program is provided by the nonprofit organization Screening for Mental Health, Inc. with funding from the Department of Defense Office of Health Affairs. Anonymous, self assessments are available for depression, bipolar disorder, alcohol use, post traumatic stress disorder and generalized anxiety disorder.

Results and resources are listed at the end of every assessment. Individuals can print the results of their assessments to take with them to a healthcare provider. Information on TRICARE providers, Veterans Centers and Military OneSource is also provided.

"The United States Army is and always has been a learning and adaptive organization," said Brig. Gen. Anthony A. Cucolo, chief of Army Public Affairs. "Along with our sister services, we constantly strive to learn from our experiences to improve how we do business - this includes learning from and taking care of Soldiers on the battlefield. After all, without them and their tremendous sacrifices and dedication to our country, there would be no Army."

For more information, contact Lt. Col. Bob Tallman, 703-697-5343 or e-mail Robert.tallman@hqda.

# 2 CHPPM employees (and 1 puppy) help handicapped child

LYN KUKRAL

At the tender age of 16 many U.S. students take the Scholastic Aptitude Test to assess whether they will succeed in college.

At the even-more-tender age of 7 weeks, a German shepherd named Rainbow took the puppy equivalent of the S.A.T. during a sunny October lunch hour at U.S. Army Center for Health Promotion & Preventive Medicine headquarters.

"I was contacted by a single mom who wanted a dog capable of assisting her in caring for her autistic son, Garrett," said Tamie Ince, CHPPM operations' special security officer, who breeds and shows German shepherds as a hobby.

German shepherds possess characteristics that suit them to being service dogs, according to Ince.

"German shepherds are guardians, bred to protect and tend," she said. "They are pleasing dogs, and they want to please."

These qualities, along with their intelligence and loyalty, caused them to be developed in Germany as the original seeing eye dogs, she said.

Beyond the characteristics of her breed, though, the pup Rainbow demonstrated she might be a suitable companion to Garrett through her

performance on the Volhard Puppy Aptitude test—the S.A.T. of pups.

She came when coaxed, chased a towel and responded to noise from a metal spoon striking metal. Odd as it sounds, her reactions to these and other challenges posed by the puppy test are indicators of what her adult personality might be like, and thus what kind of family and work might

The copyrighted test, which must be given by a person the puppy does not know, is named for its creators, Joachim and Wendy Volhard.

In the spirit of service, CHPPM veterinarian Lt. Col. Carol Bossone agreed to administer the test to

"Dogs were domesticated and are bred for us, for service to us," Bossone said. "I like to see them excel in what they do. This is my way of serving trying to ensure they are mentally capable and healthy, suitable companions for whomever they serve."

While no test is a guarantee of dog behavior, Bossone said the Volhard is the result of years of development. From observing puppies throughout their growth, the Volhards found correlations between certain behaviors on the test and what the puppies

Rainbow's performance led to a move from Ince's Cornerstone Ken-



Photo by CAPT JOE CROUCH, CHPPM HEADQUARTERS

Rainbow stands at attention with breeder Tammy Ince, a U.S. Army Center for Health Promotion and Preventive Medicine operations special security officer.

the breeder of such a wonderful ani-

mal," Ince said. "She went to a very

nels to a home with Garrett and his family in Florida.

Saying goodbye brought mixed emotions for Ince and her family, but the positive prevailed.

loving home, and will be a great assistance dog. She is already making 410-278-1583.

In addition, newcomers learned about nonpublic school options from Sue Cathell, a spokesperson for the Harford/Cecil Nonpublic School

Pat Beall, a representative from the Maryland Feline Society Inc, talked to newcomers about the importance of spaying and neutering their cats.

"The spring season unfortunately brings lots of kittens and there are not enough homes for all of the animals out there," Beall said.

For more information, visit http://www.mdfelinesociety.

Newcomers also found out how to give back to the Harford County community from Big Brothers Big Sisters of Central Maryland.

Carley Thimmesch, director of Outreach, said a few Soldiers who were at last quarter's orientation are in the process of volunteering with the organization.

"I am just so proud to have been a difference in Garrett's life."

"If you're permanent party, Big Brothers and Big Sisters is a great way to have fun and or watching movies," Thim-

For more information about

One newcomer talked about

"I like this activity a lot," said Staff Sgt. Wilnette "You get a lot of information

dogadventure.com. ask people questions."

dog in training may be followed

on the Web at http://www.aservice-

Rainbow's progress as a service

Perez said she came to APG a month ago from Puerto Rico and is a member of the

Brian Wright, a network engineer for the Directorate of Information Management's Communications Management do kid activities like bowling Division, was another attendee at the orientation.

Wright said he came to APG a month ago from Fort Leavenworth, Kan. He talked about how he feels about working on the proving ground.

"It's pretty exciting," Wright said. "The new job is going to be a challenge with learning new technologies but I'm excited for it."

410-278-2464.

# Newcomer Rabbi, Thursday – 12 p.m.

From page 7

For more information about ACS, visit the ACS Web site, http://www.apg.army.mil/ apghome/sites/services/acs/ index.html.

Gerri Merkel, director of Religious Education of the APG North Chapel, told attendees about the services the chapels offer.

She provided a schedule for both chapels. Main Post Chapel, building

- 2485 • Catholic (Sunday Eucharist Mass) - 8:45 a.m.
- Protestant Sunday Worship Service - 10:15 a.m.
- Gospel Sunday Worship Service - 12 p.m.

• Jewish luncheon with South Post Chapel, building E-4620

- Protestant Sunday Wor-
- ship Service 9:15 a.m. • Catholic Sunday Eucha-

rist Mass - 10:45 a.m. For more information about the chapel, call 410-278-4333

or read the Chapel News sec-

tion of APG News. Renee Smith, a health benefits adviser, beneficiary counseling assistant coordinator and debt collection officer for Unified Business Office at Kirk U.S. Army Health Clinic, invited newcomers to visit the TRICARE Services Center if they had questions about health benefits. The center is open Monday through Friday, 7:30 a.m. to 4:30 p.m. and doesn't close for lunch, she said.

She also advised newcomers to make sure their information in Defense Enrollment Eligibility Reporting System is updated.

For more information about TRICARE, call Smith, 410-278-1719.

Eric Feustel, an installation attorney with the Office of the Staff Judge Advocate's Client Services Division, discussed the legal services provided such as notary services, powers or attorney and estate planning for Soldiers and their Family members.

The office also works with claims if service members' household goods are damaged during a move or vehicles are vandalized while located at

post housing. informamore tion on legal services, call

mesch said.

BBBS, call 410-243-4000 or visit www.biglittle.org.

how the orientation was beneficial for her.

Perez, a line leader for the Joint Personal Effects Depot. that is not in the welcome packet and get a chance to

For more information and a schedule for future newcomer orientations, contact Ethridge,

# Preventing substance abuse on APG

# **Warrior Pride emphasizes Personal Courage, Respect and Integrity**

ASAP Office

This second segment of Army Substance Abuse Programs's three-part series on Warrior Pride will focus on the Personal Courage, Respect and Integrity elements.

#### **Personal Courage**

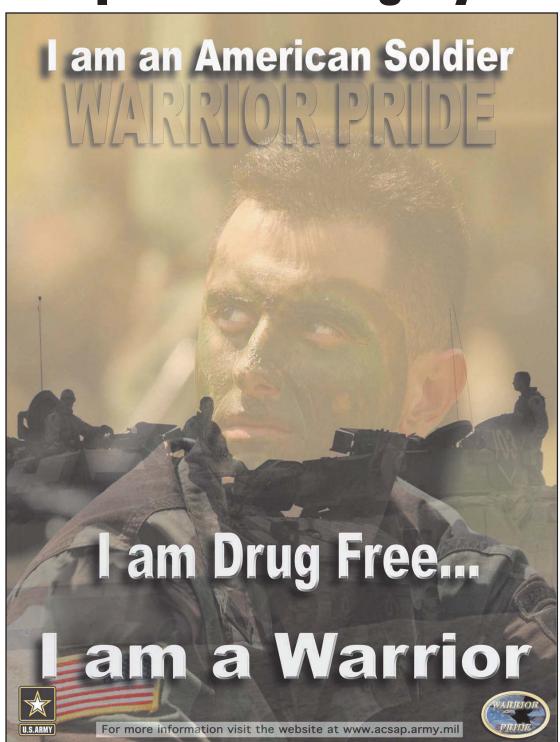
- Possess the personal courage not to use drugs or abuse alcohol and to notify the chain of command of Soldiers that do.
- Have the courage not to give in to pressure from friends.
- Have the personal courage to confront peers who are demonstrating unacceptable behavior due to drugs or alcohol.
- Have the courage to force a Soldier to get needed help before he/she hurts themselves or others.
- Have the courage to inform the chain of command of problems or show your respect.

#### Respect

• Respect to the Army, unit, fellow Soldiers and yourself by staying drug free and drinking responsibly.

#### Integrity

- Stay true to Army Values and the Warrior Ethos by supporting the Army's drug and alcohol policies.
- Demonstrate Integrity by identifying and complying with legal and moral obligations:
- Don't use drugs
- Don't drink and drive
- Report drug abusers
- Don't abuse alcohol
- Don't give alcohol to Soldiers under 21
- Don't drink if under 21
- Don't take someone else's prescription drugs
- Don't let anyone else take your prescription drugs



The final segment of Warrior Pride will focus on the ASAP's three-part series on Duty and Excellence aspects.

For more information DRUG or e-mail Cynthia. contact Cindy Scott, 410-278- Scott1@apg.army.mil.